

May 2007 SenioRx/Wellness Press Release

Contact name _____

Agency _____

Date _____

Phone _____

Physical Activity and Hydration

An effective weight-loss program depends only on cutting calories and also on increasing physical activity. Any type of physical activity you choose to do – whether it is a vigorous activity such as running or aerobic dance or a moderate-intensity activity like walking or mowing the lawn – will increase the number of calories your body uses.

In addition to burning calories, exercise makes other significant contributions to weight-loss efforts. It helps prevent the muscle loss that is likely to occur in a program based solely on calorie reduction. In fact, exercise strengthens and builds muscle mass, which increases the rate at which your body burns calories.

Take advantage of any opportunity to increase your physical activity level – like parking several blocks from work, and taking the stairs instead of the elevator. You can even burn calories while doing housework; just mop with all your might and vacuum vigorously.